Ethnopsychiatry Nursing as a Transformative Paradigm: Enhancing Equity and Patient-Centered Care in Mental Health

Anggun Novia Indah Fitri [1,*] , Indi Dwi Shofi Yanti [1] , Fatma Lutfiyatus Sayyida [1]

[1] Department of Public Health, Faculty of Sport Science, Universitas Negeri Malang, Indonesia

E-mail: anggun.novia.2406126@students.um.ac.id

ABSTRACT

Ethnopsychiatry nursing plays a critical role in addressing the mental health needs of culturally diverse populations, including immigrants, refugees, and ethnic minorities. As globalization and migration reshape societies, integrating cultural sensitivity into psychiatric nursing has become essential for equitable and effective care. This systematic literature review synthesizes evidence on cultural considerations in ethnopsychiatry nursing, focusing on five core dimensions: cultural competence, equitable service provision, cultural mediation, social determinants of health, and communication strategies. Drawing on theoretical frameworks such as Campinha-Bacote's Model of Cultural Competence and Leininger's Transcultural Nursing Theory, this study highlights the importance of continuous education, institutional support, and culturally validated tools like the DSM-5 Cultural Formulation Interview (CFI) in enhancing diagnostic accuracy and treatment planning. The findings also emphasize the need to address systemic barriers such as language disparities, socioeconomic inequities, and limited access to mental health services. Strategies including interpreter services, community-based outreach, and cultural brokerage models are shown to improve patient engagement and outcomes. Furthermore, recognizing the influence of ecological and multispecies ethnography approaches expands understanding of how environmental and social contexts shape mental well-being. This review underscores that embedding cultural responsiveness into clinical practice, nursing education, and healthcare policies is vital to fostering trust, equity, and inclusivity in mental health care systems. Ultimately, ethnopsychiatry nursing represents a transformative paradigm shift toward more compassionate, patient-centered, and holistic mental health care.

KEYWORDS
Ethnopsychiatry nursing, cultural competence, mental health equity, transcultural care, social determinants of health

INTRODUCTION

In the past decade, much research has focused on the increasing complexity of mental health care delivery in culturally diverse societies, particularly in relation to marginalized populations such as immigrants, refugees, and ethnic minorities(Davis, 2020). The growing recognition of cultural factors in shaping mental health outcomes has led to a paradigm shift in psychiatric nursing, where culturally responsive practices are no longer considered optional but essential for equitable and effective care(Maleku et al., 2021). Scholars have emphasized the importance of transcultural nursing models, cultural competence frameworks, and social determinants of health in guiding clinical decision-making(Nuuyoma et al., 2024). Moreover, global health organizations such as the World Health Organization (WHO) and the American Psychiatric Association have underscored the need for integrating cultural sensitivity into mental health services to reduce disparities and improve patient-centered care. As migration patterns continue to reshape demographic landscapes worldwide, ethnopsychiatry nursing has emerged as a critical field that bridges cultural understanding with clinical expertise(Teixeira et al., 2023).

Despite this growing body of literature, it remains unclear how best to systematically implement culturally responsive practices across diverse healthcare settings, especially in the face of systemic barriers such as language differences, institutional biases, and socioeconomic inequities(Sharmake, 2024). While various tools such as the DSM-5 Cultural Formulation Interview (CFI), ecomaps, and genograms have been developed to support culturally informed assessments, their integration into routine nursing practice remains inconsistent(Strand & Bäärnhielm, 2021). Furthermore, there is limited consensus on how to effectively train mental health professionals in cultural competence or how to institutionalize policies that promote equity and inclusion(S. E. Lee et al., 2020). Gaps also persist in understanding the role of ecological and multispecies ethnographic approaches in shaping mental health experiences among displaced populations(Moses & Holmes, 2022). These unresolved issues highlight the need for a more cohesive and evidence-based approach to ethnopsychiatry nursing that not only recognizes cultural diversity but actively incorporates it into all aspects of care delivery(Červený et al., 2020).

To address these challenges, the purpose of this study was to conduct a systematic review of current evidence on cultural considerations in ethnopsychiatry nursing, with a focus on identifying key themes, strategies, tools, and challenges associated with delivering culturally responsive mental health care(Yadollahi et al., 2020). This review aimed to synthesize insights from interdisciplinary perspectives including transcultural nursing theory, social determinants of health, and ecological frameworks to develop a holistic understanding of how culture influences mental health outcomes(Boateng et al.,

2024). By analyzing existing research through interpretivist and qualitative paradigms, this study sought to uncover patterns and best practices that can guide future interventions and policy development(Rahayu et al., 2024). Furthermore, the study will outline the implications of its findings for nursing education, clinical practice, and healthcare system reforms, emphasizing the need for structural and institutional support in fostering cultural competence(Melino et al., 2022).

The remainder of this paper presents a comprehensive discussion of the five core dimensions that shape ethnopsychiatry nursing: cultural competence, equitable service provision, cultural mediation, social determinants of health, and communication strategies (Soleimani & Yarahmadi, 2023). Each of these areas is explored in depth, supported by theoretical frameworks and empirical evidence drawn from peer-reviewed studies published between 2010 and 2025(Drame et al., 2022). The findings contribute to an evolving discourse on how mental health nursing can better meet the needs of culturally diverse populations in an increasingly interconnected world (Henson & Drame, 2021). Ultimately, this review advocates for a paradigm shift in psychiatric nursing one that positions cultural sensitivity not as an ancillary skill, but as a foundational component of modern, inclusive, and compassionate mental health care systems(Drame et al., 2022).

MATERIALS AND METHODS

Research Paradigm and Theoretical Framework

This systematic review adopts an interpretivist paradigm that emphasizes understanding mental health through the subjective experiences of individuals within their specific cultural contexts. This approach aligns with qualitative and mixed-methods research traditions such as ethnography, phenomenology, and critical theory, all of which seek to uncover deeper meanings behind human behavior and social structures. Several theoretical frameworks guide this review, beginning with Madeleine Leininger's Transcultural Nursing Theory, which serves as a foundational model advocating for culturally congruent care that respects patients' beliefs, values, and practices. In addition, Campinha-Bacote's Model of Cultural Competence offers a structured lens for evaluating cultural awareness, knowledge, skill, encounters, and desire among healthcare professionals. The Social Determinants of Health (SDOH) Framework further enriches the analysis by highlighting how factors like socioeconomic status, education, housing, and immigration policies shape mental health outcomes. Finally, insights from Ecological and Multispecies Ethnography Approaches provide a broader understanding of how physical environments, human-animal interactions, and ecological systems influence psychological well-being. Together, these frameworks support a holistic understanding of how culture intersects with biological, psychological, and social dimensions in ethnopsychiatry nursing.

Study Design

A systematic literature review was conducted following the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines to synthesize current evidence on cultural

considerations in ethnopsychiatry nursing. A structured search strategy was developed to identify peer-reviewed articles published between 2010 and 2025 that examine cultural dimensions in mental health care delivery for diverse populations, including immigrants, refugees, and ethnic minorities. Relevant databases searched included CINAHL, PubMed, Scopus, PsycINFO, and Web of Science, using Boolean combinations of keywords related to ethnopsychiatry, cultural competence, nursing, mental health, and cross-cultural care. Additional studies were identified through manual screening of reference lists from relevant reviews and included papers. The overall design ensures transparency, replicability, and methodological rigor, enabling a comprehensive synthesis of findings across various settings and populations involved in culturally responsive mental health nursing.

Sampling Strategy

The sampling strategy focused on identifying studies involving mental health nurses, clinicians, or researchers who work with culturally diverse populations, particularly immigrants, refugees, and ethnic minority groups. Inclusion criteria were based on a PICO framework, considering the population, intervention or concept, context, and study design. Specifically, the review included studies involving nurses or mental health professionals providing care to culturally diverse populations, with a focus on cultural considerations in mental health nursing practice, such as cultural competence, empathy, communication, and social determinants of health. Studies were required to be set in mental health environments such as psychiatric hospitals, community clinics, refugee centers, or other healthcare facilities. Only peer-reviewed qualitative, quantitative, or mixed-methods studies published in English or with available English translations between 2010 and 2025 were included. Non-peer-reviewed publications, opinion pieces, case reports, and studies not directly addressing cultural aspects of nursing care were excluded. The final sample size was determined by achieving thematic saturation during the synthesis process, ensuring sufficient depth and coverage of key themes.

Data Collection Methods

Data collection followed a structured and transparent process guided by PRISMA guidelines. Retrieved records were imported into Rayyan, a collaborative tool used for managing systematic reviews, where duplicates were removed to ensure data integrity. Two independent reviewers conducted initial screenings of titles and abstracts for relevance, followed by full-text assessments of potentially eligible studies. Any discrepancies in selection were resolved through discussion or consultation with a third reviewer to maintain consistency and reduce bias. A standardized data extraction form was used to systematically collect information on study characteristics, including author details, year of publication, country of origin, study design, participant demographics, cultural frameworks applied, tools used such as the DSM-5 Cultural Formulation Interview and reported challenges and solutions related to cultural considerations in ethnopsychiatry nursing. This rigorous data extraction process ensured that key findings were accurately captured and synthesized for analysis.
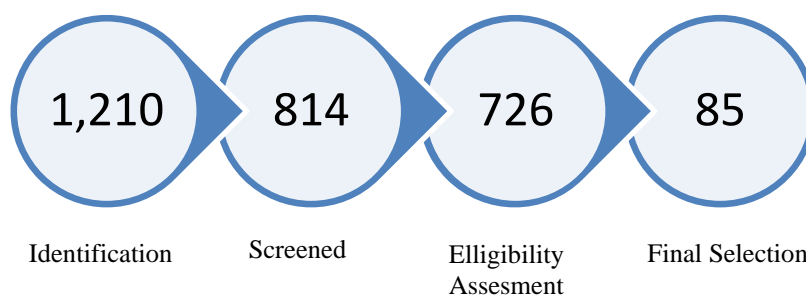
Figure 1. PRISMA Step

Use of Culturally Sensitive Tools and Instruments

To enhance the depth and validity of findings, this review examined the application of culturally validated tools and instruments in ethnopsychiatry nursing. One of the most widely used tools identified was the DSM-5 Cultural Formulation Interview (CFI), which assists clinicians in assessing cultural identity, illness explanations, psychosocial stressors, and available cultural resources. Ecomaps and genograms were also frequently utilized to visually represent family relationships, social networks, and environmental influences, especially in identifying sources of support and stress among acculturating populations. Additionally, multilingual mental health screening instruments such as the PHQ-9 and GAD-7 were adapted for use across different languages and cultures through professional translation and back-translation processes. These tools were assessed based on their implementation in clinical and research settings, their contribution to culturally responsive care, and their impact on patient outcomes, offering valuable insights into best practices for integrating cultural sensitivity into mental health assessment and treatment planning.

Cultural Mediation and Language Support

This review explored various strategies aimed at ensuring accurate and respectful communication across linguistic and cultural barriers in mental health nursing. One of the most effective approaches identified was the use of professional interpreters trained in both language translation and cultural interpretation, which helps preserve the integrity of patient messages while maintaining confidentiality. Another important strategy involved the role of cultural brokers, individuals familiar with both Western medical systems and traditional healing practices, who facilitate mutual understanding between providers and patients by translating biomedical concepts into culturally resonant analogies. Furthermore, bilingual members of the research team contributed to enhancing cultural authenticity throughout the data collection and analysis phases, fostering greater trust and more accurate interpretation of responses.

These mediation strategies were evaluated for their effectiveness in improving access to care, enhancing communication quality, and increasing patient satisfaction among culturally and linguistically diverse populations.

Ethical Considerations

As this review is based solely on the synthesis of existing published literature, no direct ethical approval was required. However, ethical standards were strictly upheld throughout the entire review process by ensuring transparency and accuracy in reporting methods and findings. Efforts were made to avoid misrepresentation or selective citation of data, and limitations regarding the scope and generalizability of the included studies were clearly acknowledged. The review also considered how primary studies addressed ethical issues in their original designs, including informed consent procedures tailored to participants' language preferences, measures to protect confidentiality, and efforts to ensure cultural sensitivity when engaging vulnerable populations such as refugees and undocumented migrants. Where applicable, the extent of community engagement and participatory approaches in the original studies was also reviewed, supporting a commitment to ethical and inclusive research practices.

RESULTS

Ethnopsychiatry nursing is a specialized area of healthcare that focuses on incorporating cultural factors into mental health treatment. This field is especially significant for serving diverse groups, such as immigrants, refugees, and ethnic minorities, who often face unique challenges due to their cultural backgrounds. By understanding and addressing these cultural dimensions, nurses can provide more personalized and effective mental health care that respects the values, beliefs, and needs of individuals from different cultural contexts. This approach ensures that mental health services are not only clinically sound but also culturally relevant and sensitive to the specific experiences of these populations.

Cultural Competence: The Foundation of Ethnopsychiatry Nursing

Cultural competence is a cornerstone of ethnopsychiatry nursing, requiring nurses to be deeply aware of and sensitive to the cultural backgrounds of their patients, including norms, values, and health beliefs. This understanding helps nurses avoid imposing Western-centric models of mental health care that may not resonate with patients from non-Western backgrounds. Continuous education and training are essential for developing skills such as active listening, empathy, and adapting communication styles to align with patients' cultural preferences. By fostering cultural awareness and sensitivity, nurses can provide more effective and respectful care tailored to the unique needs of culturally and linguistically diverse populations.

Equitable Service Provision: Bridging Gaps in Access and Care

Ensuring equitable access to mental health services is critical in ethnopsychiatry nursing, as language barriers, socioeconomic disparities, and systemic discrimination often prevent minority populations from accessing care. Nurses play a vital role in addressing these challenges by providing interpreter services, offering materials in multiple languages, and creating culturally tailored outreach programs. Additionally, supporting immigrants and refugees in adapting to new social environments is essential, as they often face significant challenges during the acculturation process. By helping these individuals navigate unfamiliar healthcare systems and fostering resilience, nurses can improve mental health outcomes for diverse populations.

Cultural Representation and Mediation: Bridging Cultural Divides

Cultural representation and mediation are essential tools in ethnopsychiatry nursing, where cultural mediators or interpreters serve as bridges between patients and healthcare providers, ensuring cultural differences are respected and understood. Tools like the DSM-5 Cultural Formulation Interview (CFI) enable mental health professionals to explore cultural and contextual factors systematically, avoiding stereotypes and focusing on individual experiences. These approaches enhance diagnostic accuracy and treatment planning by considering the unique cultural identities of patients. By incorporating cultural mediation and structured tools, nurses can provide more personalized and effective care that respects patients' cultural contexts.

Addressing Social Determinants of Health: A Holistic Approach

Recognizing and addressing social determinants of health is vital for providing comprehensive care in ethnopsychiatry nursing. Factors such as socioeconomic status, immigration status, and social support networks significantly impact mental health outcomes. Understanding the ecological context, including physical and social environments, is equally important, as housing instability, neighborhood safety, and access to community resources influence mental well-being. Multispecies ethnography offers valuable insights into how ecological factors shape mental health. By addressing these broader determinants, nurses can deliver holistic care that considers the full spectrum of patients' lived experiences.

Cultural Empathy and Communication: Building Trust and Rapport

Developing cultural empathy and enhancing communication skills are essential for building trust and rapport with patients from diverse backgrounds. Nurses must strive to understand patients' perspectives without judgment and demonstrate genuine concern for their well-being. Effective communication fosters trust and ensures patients feel heard and respected. Avoiding cultural biases and stereotypes is equally important, as these can lead to misdiagnosis or inappropriate treatment. Instead, nurses should focus on individual patient needs and experiences, recognizing that cultural identity is multifaceted and dynamic. By prioritizing empathy and clear communication, nurses can create a supportive environment that promotes healing.

Challenges and Solutions

Ethnopsychiatry nursing faces several challenges, including misunderstandings between nurses and patients due to cultural differences, limitations in electronic records that impede the registration of culturally relevant information, and a lack of cultural awareness among healthcare professionals. To address these challenges, comprehensive training programs in cultural competence should be implemented for healthcare professionals. Employing cultural brokers or interpreters can facilitate communication and understanding, while strategies to improve communication and empathy between nurses and patients can enhance care quality. These solutions aim to overcome systemic barriers and promote equitable mental health care for all.

Table 1: Cultural Considerations in Ethnopsychiatry Nursing

CATEGORY	DEFINITION/DESCRIPTION	STRATEGIES/TOOLS	CHALLENGES	SOLUTIONS
Cultural Competence	Cultural competence involves a deep understanding of patients' cultural backgrounds, including norms, values, and health beliefs. It helps avoid imposing Western-centric care models that may not resonate with non-Western patients.	- Continuous education and training in cultural competence. - Use of tools like DSM-5 Cultural Formulation Interview (CFI).	- Lack of cultural awareness among healthcare professionals. - Risk of stereotyping or misunderstanding patients.	- Implement comprehensive training programs in cultural competence. -Use tools like CFI to systematically explore cultural and contextual factors.
Equitable Service Provision	Ensuring equitable access to mental health services for all patients, regardless of their cultural background, is crucial. This includes addressing language barriers, socioeconomic disparities, and systemic discrimination.	- Interpreter services. - Materials in multiple languages. - Culturally tailored outreach programs.	- Language barriers. - Socioeconomic disparities. - Systemic discrimination in healthcare access.	- Provide interpreter services and multilingual materials. - Develop culturally tailored outreach programs.
Cultural Representation and Mediation	Cultural representation and mediation help bridge the gap between patients and healthcare providers, ensuring cultural differences are respected and understood.	- Cultural mediators or interpreters as bridges. - Tools like DSM-5 CFI for exploring cultural and contextual factors without stereotypes.	-Misunderstandings due to cultural differences. - Lack of tools to address cultural factors systematically.	- Employ cultural brokers or interpreters. - Use structured tools like DSM-5 CFI to enhance understanding of cultural contexts.
Addressing Social Determinants of Health	Recognizing and addressing social determinants of health, such as socioeconomic status, immigration status, and social support networks, is essential for providing comprehensive care. Ecological factors like housing instability and neighborhood safety also influence mental well-being.	- Multispecies ethnography to understand ecological influences on mental health. - Programs addressing social determinants (e.g., housing, employment support).	- Ignoring broader social and ecological factors impacting mental health.	- Address social determinants through community-based programs. - Use multispecies ethnography to understand ecological influences on mental health.
Cultural Empathy and Communication	Developing cultural empathy and enhancing communication skills are essential for building trust and rapport with patients from diverse backgrounds. Effective communication ensures patients feel heard and respected.	- Active listening techniques. - Clear and empathetic communication strategies.	- Cultural biases and stereotypes leading to misdiagnosis. - Poor communication causing mistrust.	- Train nurses in cultural empathy and effective communication. - Focus on individual patient needs and experiences.
Challenges in Ethnopsychiatry Nursing	Challenges include misunderstandings between nurses and patients due to cultural differences, limitations in electronic records that impede the registration of culturally relevant information, and a lack of cultural	- Implement training programs in cultural competence. - Employ cultural brokers or interpreters. - Develop strategies to improve communication	-Misunderstandings between nurses and patients. - Electronic records failing to capture culturally relevant information.	- Implement training in cultural competence. - Employ cultural brokers. - Develop strategies to improve communication and empathy.

	awareness among healthcare professionals.	and empathy between nurses and patients.		

The table provides a comprehensive overview of the cultural considerations in ethnopsychiatry nursing, emphasizing the need for cultural competence, equitable service provision, and effective communication. Cultural competence involves understanding patients' cultural backgrounds and continuous training to address their unique needs, while equitable service provision focuses on overcoming barriers like language and socioeconomic disparities through interpreter services and culturally tailored programs. Cultural mediation, supported by tools like the DSM-5 Cultural Formulation Interview (CFI), bridges gaps between patients and providers, ensuring respect for cultural differences. Addressing social determinants of health, such as housing and immigration status, and fostering cultural empathy through active listening and bias-free communication are also critical. Challenges, including misunderstandings and inadequate electronic records, can be mitigated through training programs, cultural brokers, and enhanced communication strategies, ultimately improving mental health outcomes for diverse populations.

DISCUSSION

The findings of this review highlight the indispensable role of ethnopsychiatry nursing in addressing the multifaceted mental health needs of culturally diverse populations particularly immigrants, refugees, and ethnic minorities who often navigate complex intersections of trauma, acculturation stress, and systemic inequities. In an era marked by unprecedented demographic shifts and increasing globalization, the integration of cultural sensitivity into psychiatric nursing has evolved from a desirable skill to a clinical imperative. This discussion synthesizes key insights derived from a systematic analysis of current literature, focusing on five interrelated dimensions cultural competence, equitable service provision, cultural mediation, social determinants of health, and communication strategies that collectively shape the delivery of culturally responsive mental health care.

At the core of ethnopsychiatry nursing lies cultural competence , a multidimensional construct that demands more than superficial awareness of cultural differences(Klenner et al., 2022). Drawing on Campinha-Bacote's (2002) model of cultural competence which emphasizes the dynamic interplay between cultural awareness, knowledge, skills, encounters, and desire this study affirms that nurses must engage in continuous self-reflection and professional development to avoid misinterpretation or stereotyping of patients' behaviors(Lai et al., 2023). Tools such as the DSM-5 Cultural Formulation Interview (CFI) offer structured mechanisms for eliciting culturally relevant narratives, thereby enhancing diagnostic accuracy and fostering patient-centered treatment plans(Hargett, 2020). However, individual efforts alone are insufficient; institutional commitment through mandatory training, reflective practice modules, and supportive leadership is essential to sustain cultural competence across healthcare systems(Sahamkhadam et al., 2023). Without such structural reinforcement, the risk of perpetuating

ethnocentric biases remains high, potentially eroding therapeutic alliances and compromising clinical outcomes(Ioannou et al., 2023).

In terms of equitable service provision , this review underscores persistent disparities in access to mental health care among marginalized communities, particularly those facing language barriers, socioeconomic disadvantages, and systemic discrimination(Rokicki et al., 2024). These findings corroborate global reports indicating that linguistic and financial barriers remain significant obstacles to mental health equity for displaced populations(Cratsley et al., 2021). Nurses play a pivotal role in mitigating these disparities through targeted interventions such as interpreter services, multilingual psychoeducational materials, and community-based outreach programs tailored to specific sociocultural contexts(Hargett, 2020). Moreover, the review highlights the importance of supporting acculturation processes especially for newly arrived immigrants and refugees through psychosocial interventions designed to build resilience and reduce post-migration distress(Abularrage et al., 2023). By integrating these strategies into routine care, nurses can help dismantle structural inequities and promote inclusivity within mental health systems(Espinoza-Kulick & Cerdeña, 2022).

Cultural mediation emerges as a transformative strategy in bridging the gap between biomedical models of care and patients' traditional health beliefs(Forray et al., 2024). Trained interpreters and cultural brokers serve not only as linguistic facilitators but also as mediators who translate meaning across cultural paradigms(Luig et al., 2023). Their involvement ensures that communication is contextually meaningful, reducing misunderstandings and improving adherence to treatment. The DSM-5 CFI, when used effectively in conjunction with cultural mediation, enables clinicians to explore illness narratives within their sociocultural frameworks, moving beyond symptom checklists toward holistic understanding(Perone et al., 2025). These practices align with Leininger's Transcultural Nursing Theory, which advocates for care that is congruent with patients' worldview and cultural values(Nuuyoma et al., 2024). Future research should further examine how institutionalizing cultural brokerage models can enhance trust and improve long-term engagement among underserved populations(J. Lee et al., 2023).

This study also reaffirms the critical importance of addressing social determinants of health (SDOH) in ethnopsychiatry nursing(Town et al., 2024). Factors such as housing instability, employment status, immigration policies, and neighborhood safety exert profound influences on mental well-being, particularly among vulnerable populations(Magomedova & Fatima, 2025). Ecological and multispecies ethnography approaches provide novel lenses through which nurses can assess the interconnectedness of human, environmental, and systemic factors shaping psychological distress(Kousoulis & Goldie, 2021). For instance, examining how displacement disrupts social networks and alters relationships with non-human elements (e.g., pets, urban environments) offers new insights into trauma and coping mechanisms(Vaughn & DeJonckheere, 2021). These findings advocate for interdisciplinary collaboration and policy advocacy to address upstream drivers of mental health disparities, ensuring that nursing interventions extend beyond clinical settings to include community-level change(Suwanwong et al., 2024). Ultimately, this review contributes to the field by demonstrating how ethnopsychiatry nursing can evolve from a niche specialty to a central paradigm in modern mental health care(Forray et

INTERDISCIPLINARY JOURNAL OF ETHNOPSYCIATRIC NURSING

TARQABIN
NUSANTARA
GROUP

Vol 1 Issue 1, 2025

E-ISSN : 0000-0000

al., 2024). By integrating cultural competence, equitable access, mediation, SDOH, and empathetic communication into clinical practice, nurses are uniquely positioned to lead the shift toward more inclusive, compassionate, and effective mental health systems(Alexander et al., 2020). As migration patterns continue to reshape societies globally, the need for culturally responsive care will only intensify, making ethnopsychiatry nursing an essential pillar of future-oriented psychiatric practice(Perera et al., 2020).

CONCLUSIONS

In conclusion, ethnopsychiatry nursing plays a vital role in addressing the complex mental health needs of culturally diverse populations, particularly immigrants, refugees, and ethnic minorities. As globalization and migration continue to reshape societies, the integration of cultural sensitivity into psychiatric nursing has transitioned from an optional practice to a clinical necessity. This review highlights that cultural competence, equitable service provision, cultural mediation, attention to social determinants of health, and empathetic communication are not merely supplementary aspects of care but foundational elements that determine the effectiveness and inclusivity of mental health services. Despite growing recognition of these principles, challenges such as institutional barriers, language disparities, and insufficient training persist, underscoring the need for systemic reforms and sustained educational initiatives. By embedding culturally responsive practices into nursing education, clinical protocols, and healthcare policies, the profession can move toward a more inclusive, patient-centered model that respects and reflects the diverse realities of those seeking mental health support. Ultimately, ethnopsychiatry nursing represents a transformative approach—one that bridges cultural understanding with clinical expertise to foster equity, trust, and improved mental health outcomes in an increasingly interconnected world.

Conflict of Interest

No Conflict of Interest

REFERENCES

Abularrage, T. F., Wurtz, H. M., & Samari, G. (2023). Responding to structural inequities: Coping strategies among immigrant women during COVID-19. *SSM - Mental Health*.

Alexander, S., Belue, R., Kuzmik, A., & Boltz, M. (2020). The evolution of cultural competence theories

in American (United States) nursing curricula: An integrative review. *Journal of Nursing Education and Practice*.

Boateng, R., Karim, F., Bielecki, J., Batt, A. M., Gajaria, A., Munce, S. E. P., & Rac, V. E. (2024). Development and implementation determinants of competency frameworks for mental health clinicians and service providers working with youth: a scoping review protocol. *BMJ Open*.

Červený, M., Dimunová, L., Pelle, C. Della, Papp, K., Siaki, L. L. A., Kilíková, M., & Nagórska, M. (2020). Self-Reported Cultural Competence of Nurses Providing Nursing Care in Slovakia. *Journal of Nursing Scholarship*.

Cratsley, K., Brooks, M., & Mackey, T. (2021). Refugee Mental Health, Global Health Policy, and the Syrian Crisis. *Frontiers in Public Health*.

Davis, M. (2020). The "Culture" in Cultural Competence. *Cultural Competence and the Higher Education Sector*.

Drame, I., Gibson, C. M., Nonyel, N., Addo-Atuah, J., Butler, L., Riley, A. C., Kebodeaux, C., Henson, B., & Borja-Hart, N. (2022). Strategies for Incorporating Health Disparities and Cultural Competency Training into the Pharmacy Curriculum and Co-curriculum. *American Journal of Pharmaceutical Education*.

Espinoza-Kulick, M., & Cerdeña, J. (2022). "We Need Health for All": Mental Health and Barriers to Care among Latinxs in California and Connecticut. *International Journal of Environmental Research and Public Health*.

Forray, A., Oltean, O., Hanft-Robert, S., Madzamba, R., Liem, A., Schouten, B., Anthonissen, C., Swartz, L., Chereches, R., Higgen, S., Hall, B. J., & Mösko, M. (2024). Uncovering multi-level mental healthcare barriers for migrants: a qualitative analysis across China, Germany, Netherlands, Romania, and South Africa. *BMC Public Health*.

Hargett, B. (2020). Disparities in Behavioral Health Diagnoses. *North Carolina Medical Journal*.

Henson, B., & Drame, I. (2021). Introduction to Implementing Health Disparities and Cultural Competence Content in the Doctor of Pharmacy Curriculum. *American Journal of Pharmaceutical Education*.

Ioannou, M., Olsson, S., Wold, A. B. B., Dellepiane, M., & Steingrímsson, S. (2023). Approaching "highly sensitive person" as a cultural concept of distress: a case-study using the cultural formulation interview in patients with bipolar disorder. *Frontiers in Psychiatry*.

Klenner, M., Mariño, R., Pineda, P., Espinoza, G., & Zaror, C. (2022). Cultural Competence in the nursing, dentistry, and medicine professional curricula: a qualitative review. *BMC Medical Education*.

Kousoulis, A., & Goldie, I. (2021). A Visualization of a Socio-Ecological Model for Urban Public Mental Health Approaches. *Frontiers in Public Health*.

Lai, D., Lee, V., & Ruan, Y. (2023). Perspectives towards cultural competence and receptivity to cultural competence training: a qualitative study on healthcare professionals. *Primary Health Care Research and Development*.

Lee, J., Robles, G., & Small, L. A. (2023). What Should Students Learn About the Importance of Cultural Brokering in Immigrant Communities? *AMA Journal of Ethics*.

Lee, S. E., Lee, M., Peters, A., & Gwon, S. H. (2020). Assessment of Patient Safety and Cultural Competencies among Senior Baccalaureate Nursing Students. *International Journal of Environmental Research and Public Health*.

Luig, T., Ofosu, N., Chiu, Y., Wang, N., Omar, N., Yip, L., Aleba, S., Maragang, K., Ali, M., Dormitorio, I., Lee, K. K., Yeung, R. O., & Campbell-Scherer, D. (2023). Role of cultural brokering in advancing holistic primary care for diabetes and obesity: a participatory qualitative study. *BMJ Open*.

Magomedova, A., & Fatima, G. (2025). Mental Health and Well-Being in the Modern Era: A Comprehensive Review of Challenges and Interventions. *Cureus*.

Maleku, A., Soukenik, E., Haran, H., Kirsch, J., & Pyakurel, S. (2021). Conceptualizing Mental Health Through Bhutanese Refugee Lens: Findings from a Mixed Methods Study. *Community Mental Health Journal*.

Melino, K., Olson, J. S., & Hilário, C. (2022). A Concept Analysis of Structural Competency. *ANS. Advances in Nursing Science*.

Moses, S. M., & Holmes, D. (2022). What mental illness means in different cultures: perceptions of mental health among refugees from various countries of origin. *Mental Health Global Challenges Journal*.

Nuuyoma, V., Muvumwaeni, S., & Chihururu, L. (2024). Transcultural nursing: a qualitative analysis of nursing students' experiences in a multicultural context in North-Eastern Namibia. *BMC Nursing*.

Perera, C., Salamanca-Sanabria, A., Caballero-Bernal, J., Feldman, L., Hansen, M., Bird, M., Hansen, P., Dinesen, C., Wiedemann, N., & Vallières, F. (2020). No implementation without cultural adaptation: a process for culturally adapting low-intensity psychological interventions in humanitarian settings. *Conflict and Health*.

Perone, A. K., Urrutia-Pujana, L., Zhou, L., Yaisikana, M., & Campos, B. M. (2025). The equitable aging in health conceptual framework: international interventions infusing power and justice to address social isolation and loneliness among older adults. *Frontiers in Public Health*.

Rahayu, K. D., Rosa, R. D. Dela, & Vallesteros, L. T. (2024). A concept analysis of transcultural in nursing practices. *The Journal of Palembang Nursing Studies*.

Rokicki, S., Patel, M., Suplee, P. D., & D'Oria, R. (2024). Racial and ethnic disparities in access to community-based perinatal mental health programs: results from a cross-sectional survey. *BMC Public Health*.

Sahamkhadam, N., Andersson, A., Golsäter, M., Harder, M., Granlund, M., & Wahlström, E. (2023). Testing the Assumptions in the Process of Cultural Competence in the Delivery of Healthcare Services Using Empirical Data, Focusing on Cultural Awareness. *Journal of Transcultural Nursing*.

Sharmake, A. (2024). Healthcare Disparities among Socioeconomic Groups. *International Journal of Humanities and Social Sciences*.

Soleimani, M., & Yarahmadi, S. (2023). Cultural competence in critical care nurses and its relationships with empathy, job conflict, and work engagement: a cross-sectional descriptive study. *BMC Nursing*.

Strand, M., & Bäärnhielm, S. (2021). Could the DSM-5 Cultural Formulation Interview Hold Therapeutic Potential? Suggestions for Further Exploration and Adaptation Within a Framework of Therapeutic Assessment. *Culture, Medicine and Psychiatry*.

Suwanwong, C., Jansem, A., Intarakamhang, U., Prasittichok, P., Tuntivivat, S., Chuenphittayavut, K., Le, K., & Lien, L. T. M. (2024). Modifiable predictors of mental health literacy in the educational context: a systematic review and meta-analysis. *BMC Psychology*.

Teixeira, G., Cruchinho, P., Lucas, P., & Gaspar, F. (2023). Transcultural nursing leadership: A concept analysis. *International Journal of Nursing Studies Advances*.

Town, M., Eke, P., Zhao, G., Thomas, C., Hsia, J., Pierannunzi, C., & Hacker, K. (2024). Racial and Ethnic Differences in Social Determinants of Health and Health-Related Social Needs Among Adults — Behavioral Risk Factor Surveillance System, United States, 2022. *MMWR. Morbidity and Mortality Weekly Report*.

Vaughn, L., & DeJonckheere, M. (2021). The Opportunity of Social Ecological Resilience in the

Promotion of Youth Health and Wellbeing: A Narrative Review. *The Yale Journal of Biology and Medicine*.

Yadollahi, S., Ebadi, A., & Asadizaker, M. (2020). *Measuring Cultural Competence in Nursing: A Review Study*.